

NUTRIFAX[©]

2008

Nutrition and Cancer

Cancer is the second leading cause of death in the United States. It is believed that anywhere from 40% to 60% of cancer incidence is related to diet. The specific dietary factors that contribute to or protect from cancer are difficult to determine. Other factors, both genetic and environmental contribute to one's risk of cancer and may be more important than diet.

WHAT RESEARCH SHOWS:

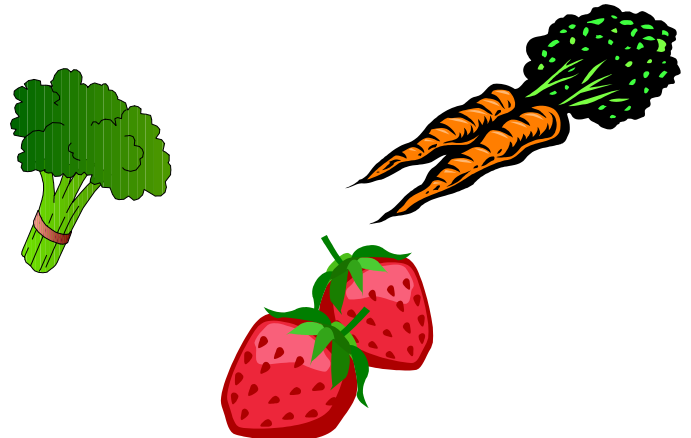
- Natural antioxidants such as Vitamins A, C, and E can act as cancer fighters by preventing cancer growth. Antioxidants neutralize destructive molecules known as free radicals.
- A substance in cruciferous vegetables (broccoli and cabbage family) enhances a cell's ability to produce protective enzymes.
- Certain plant chemicals, called phytochemicals, that are neither vitamins nor minerals, seem to inhibit cancer-causing enzymes.
- Food with dietary fiber contains the antioxidants and phytochemicals that are protective. The fiber itself may have a protective effect.
- There is no evidence that vitamin and mineral supplements work as well as consuming these nutrients from food.

- Diets high in fat increase risk of colon, breast, and prostate cancers.
- Excess alcohol consumption is a risk for oral and liver cancer.
- Stomach and esophagus cancers may be caused by eating too many salt, smoke, and nitrite-cured foods such as bacon, ham, and bologna.

In summary, eat a diet that follows the Dietary Guidelines for Americans, and MyPyramid. Strive to eat five or more servings of fruits and vegetables each day. Fruits and vegetables provide all of the benefits and none of the risks listed above.

University of California's "TOP TEN" FRUITS AND VEGETABLES

Broccoli	Pumpkin
Cantaloupe	Red Bell Pepper
Carrot	Spinach
Kale	Strawberries
Mango	Sweet Potato



*Food and Nutrition Services
can assist in providing
nutrition information.*

*Call 703-813-4800 and ask for
a Registered Dietitian.*

A Diet to Lower Cancer Risk*

By making small changes in your diet, you can improve your general health and probably reduce your risk of cancer.

1. **Eat more fiber.** Fiber is found in fruits, vegetables, legumes and whole grains.

Daily Fiber Goal: 20 to 35 grams per day for adults.

TIPS TO EAT MORE FIBER:

- Eat several servings of whole-grain bread, rolls, cereals or other grain products each day. Read the nutrition label for the fiber content or see if whole grain appears on the list of ingredients.
- Eat dried beans frequently.
- Eat five servings of fresh fruits and vegetables each day preferable deeply colored ones.

2. **Daily Fat Goal:**

- Learn which foods are high in fat and eat these less frequently. Your total fat calories should be 30 percent or less; 10 percent or less from saturated fat; and limit trans fat which are now listed on the food label.

FAT FORMULA:

$\frac{\text{Fat Grams} \times 9 \text{ calories}}{\text{Total Calories}} \times 100 = \text{Percent (\%)} \text{ calories from fat}$
<hr style="border-top: 1px dashed black;"/>
$\frac{\text{Saturated Fat Grams} \times 9 \text{ calories}}{\text{Total Calories}} \times 100 = \text{Percent (\%)} \text{ calories from fat}$

TIPS TO EAT LESS FAT:

- Read the label.
- Cut back on fried foods.
- Choose more chicken, fish and lean cuts of beef or pork.
- Eat smaller meat portions.
- Choose low-fat dairy products.
- Use half the fat called for in recipes.
- Use reduced-fat or low-fat toppings such as salad dressings, condiments or margarine.
- Use egg substitutes.
- Limit rich desserts such as brownies and pastries.
- Substitute bread spreads such as margarine or butter with low fat ones.
- Do not add butter to cooked vegetables.

*From the American Institute of Cancer Research.